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How to prepare Organic Compost using kitchen waste

You can recycle both kitchen and garden waste if you keep a compost heap or bin in your garden. An insulating box or bin is essential: make your own from Plastic Drum or buy a readymade decomposer bin.

To cover the mouth of the bin / box you need a lid or covering, such as a piece of old blanket, keeps the contents of the bin warm and the rain out. Add composting creatures such as earth worms and soil micro-organisms (hand full of fertile soil) or slurry of cow dung or 100gram fresh curd/ which can help to break down the organic waste in the bin/ box. You can also add some jaggery and black / Horse gram flour to enhance microbial counts.

If you want to pre-compost your food waste and accelerate the composting process, add Bokashi active bran to the food waste and leave it to pickle for two weeks in a bucket before adding it to the compost bin or you can add **WASTE DECOMPOSER** available at National Center for Organic Farming (NCOF) , Ghaziabad. Kitchen waste is high in moisture and has very little structure once it has decomposed. Check the base of the heap after 3 months and dig out any dark, well-rotted compost. Mix up the remaining matter with a fork, and water it if it seems dry; if the heap is too wet, add some dry, bulky material. Acidic conditions inhibit decomposition, so occasionally add a little ground limestone or gardener's lime.

Organic Material to Compost

- Vegetable and fruit peelings
- Tea leaves and coffee grounds
- Crushed egg shells
- Grass cuttings and weeds
- Paper, paper towels and newspaper

- Leaves from non-coniferous trees and shrubs
- Woody prunings
- Straw, hay, wool, sawdust and pets' bedding
- Vacuum dust
- Wood ash

Avoid meat, fish, and cooked food, weed seeds, diseased plant material, disposable diapers, glossy newsprint and coal ash.

You can put whatever you want in the compost bin with the exception meat, fish, and cooked food, weed seeds, diseased plant material, disposable diapers, glossy newsprint and coal ash. For this process to work properly, you must shred everything that you put in the bin. In order to initiate the process of composting and keep it going, you need constant moisture and keep the lid firmly on top of the pile, a tarpaulin / old woolen old blanket / Jute sack works well.



Keep a close eye on the internal temperature with a compost thermometer, which should remain in the range of 60 to 80°C. When the weather cools, you need to cover the compost bin with worm old cloth and in 1-3 months you will have super-rich humus for using in the garden.